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LIVE THE HIGH LIFE, LONDON

WE LOOK AT 5 HIGHLIGHTS FOR THIS WEEKEND'S WINE AND FOOD SHOW PAGE 3

Staff save books from watery grave

Blocked drain leaves the Masonville library branch soaked PAGE 2

Guns, drugs unit descends on NW home

Unspecified chemicals, reportedly found in 'various containers', leads to 911 call and investigation PAGE 4

Identifying frostbite before it starts

Be aware of these signs and symptoms in bitterly cold, sub-zero temperatures PAGE 14

NEWS WORTH SHARING.

Market Tower now has an uncertain future. City services are moving out of the building at Richmond and Dundas streets and Fanshawe College is no longer interested in taking it over. MIKE DONACHIE/METRO

Fanshawe ditches Market Tower deal

Downtown. College's search for second site in core continues

MIKE DONACHIE
mike.donachie@metronews.ca

Fanshawe College has pulled the plug on its plans to move hundreds of students into Market Tower.

The building wasn't a good fit, senior figures at Fanshawe said on Monday, insisting the college still has its sights set on a second downtown location.

The announcement came exactly a week after students started attending classes in the college's new Centre for Digital and Performing Arts at 137 Dundas St.

That impressive, high-tech centre was phase one of Fanshawe's move into the core, and the Farhi Holdings-owned Market Tower was expected to be phase two.

Now, it's back to the drawing board on that one.

"Since we put the offer in on (Market Tower) we've spent the last few months undertaking a due-diligence review," said Bernice Hull, Fanshawe's vice-president of administration. "We need to be sure the building will meet the needs that we have. We're going to start looking at other options."

Shmuel Farhi, who runs the development company that owns Market Tower, was not available for comment.

So, what are the college's options? There aren't too many.

The second downtown centre needs to be able to welcome 600 students, said Hull, who added the classes involved could be adjusted to fit the accommodation that's available.

Quoted

"We're very keen to move forward with the second phase of this project downtown and to do it as soon as we can."

Bernice Hull, Fanshawe College vice-president, administration

The original plan was to bring in media and cultural programs, possibly including courses for chefs.

Hull also said the building needs to have a similar feel to the main campus in northeast London: "Bright and open learning spaces," she explained.

The problem is the building needs to be in the area the city has designated an education and arts district, if Fanshawe wants to take the $20 million the city is offering for the project.

And that's where things get limited.

The education and arts district covers just a few blocks on either side of Richmond Street, from a little south of Dundas Street to the area of Angel and Kent streets in the north.

As for Market Tower, at the corner of Dundas and Richmond, its future is now uncertain.

Bill Warner, the city's manager of realty services, confirmed the intention is still to clear out Ontario Works staff and open offices across the city, starting with northeast London.

The city has a lease on parts of the building until 2017.

Janette MacDonald, executive director of the Downtown London business association, said it's "unfortunate" that it looks as if there will be more vacant office space.

But, she said she's certain new tenants will be found for such a "fantastic location."

NEWS 1

Staff act fast to save flood-threatened books

Lisa Manax Skikos was among those working Monday to get the Masonville library back in order after a weekend flood. MIKE DONACHIE/METRO

Mission Impossible: Library edition. Blocked drain leaves Masonville branch filled with water

MIKE DONACHIE
mike.donachie@metronews.ca

Quick-thinking staff averted a disaster for one of London's libraries over the weekend.

There was a shock as a staff member arrived just half an hour before the Masonville branch was due to open to the public Saturday morning.

"We had two-and-a-half inches of water in 80 per cent of the library," said supervisor Lisa Manax Skikos.

Crucially, that depth of two-and-a-half inches was about an inch below the bottom of the lowest bookshelves.

So it became a rescue mission, with staff getting to work as soon as they could and joining the effort to save the books. In all, 3,000 books were moved to higher shelves.

And not one book got wet.

"We've been very lucky," Manax Skikos said.

The flooding was caused by a small, localized problem: A drain was blocked in the parking lot, near where melting snow was running off the roof. That left water coming into the library through another drain in a side room.

With help from a plumber and some carpet-cleaning machines, the water was sent on its way and the process of drying out the library began.

Some items in the ground-level offices saw water damage, but the rescue was otherwise a complete success.

The North Centre Road library was closed on Saturday but is expected to re-open as normal Tuesday, although staff will still be moving some of the 3,000 books back onto the lower shelves.

Water woes

- A warning to take care near water has been renewed by the Upper Thames River Conservation Authority.
- The authority issued a statement Monday urging people to "use extreme caution near all streams, rivers, ditches and ponds" after the recent thaw.
- Any remaining ice cover is unstable and dangerous, water is cold and fast moving and stream banks are slippery, the authority said.
- The Upper Thames River watershed received between 25 and 30 millimetres of rain over the weekend, which is more than was expected. That was on top of melting snow.

Residents chime in on city budget

Londoners weighed in on the city budget Monday night, but the public-participation meeting started with a high-tech theme.

Mayor Joe Fontana began the city hall event by inviting people to try an online version of the budget process for themselves.

"At the flick of a switch," was the comment by city treasurer Martin Hayward, to sum up the feedback tool at buildabudget.ca.

The website is designed to show Londoners what's involved in balancing the city's books. It lets them pick their priorities for public money, then send those priorities to city staff as feedback.

"It's pretty innovative," said Fontana, addressing the public via another electronic aid, streaming video of the meeting from council chambers. "We really want you to look at that budget and give us your opinion."

There were more than 40 people packed into the public gallery, many taking their chance to speak to the strategic priorities and policy committee.

Citizens can also join another workshop on the subject at 6:30 p.m. Wednesday at Goodwill Industries. Comments will also be accepted at the next public-participation meeting at City Hall on Feb. 10.

MIKE DONACHIE/METRO

On the roads

Charges laid in high-speed crash

An 18-year-old driver who police say crashed shortly after speeding away from an attempted traffic stop is facing charges.

Bassell Elkadri was driving at almost double the posted speed limit when an officer tried to stop the vehicle on Fanshawe Park Road near Aldersbrook Gate about 12:40 a.m. Sunday, the OPP says.

Elkadri raced away and out of the area, police say, and the vehicle was later seen speeding along Egremont Drive. It then crashed into a ditch at Boston Drive.

Elkadri is charged with dangerous operation of a motor vehicle and fleeing a police officer. No injuries were reported.

METRO

The London Wine and Food Show is going to be bigger and better than ever, its organizers are promising. It happens on Thursday, Friday and Saturday at the Western Fair District. Here, Metro takes a look at five highlights. Check westernfairdistrict.com for full details

METRO STAFF

5 ways to live the high life

1 Star quality

TORSTAR NEWS SERVICE FILE

A stage show with Food Network chef Bob Blumer is one of the top events planned for this year.

He's the man behind — and in the spotlight on — shows like Glutton For Punishment and The Surreal Gourmet, as well as a newer show, World's Weirdest Restaurants.

Blumer will be on stage to share his love of food, some hints and tips and even a recipe or two.

A graduate of Western University's Ivey Business School, Blumer has also held six world records, including for the fastest time for peeling 50 pounds of onions.

It's all part of Thursday's Red Carpet Premiere to open the food and wine show.

2 Pints & pigskins

TORSTAR NEWS SERVICE FILE

Think there's no place for pints, revved up engines and pigskin at a wine show?

The wine and food show's Man Cave and Moosehead Lounge will make you think again.

It's not just open to men, but it's designed to be perfect for them.

The area will be showing the NFL Wild Card games and has a high-octane theme: Bikes from Inglis Cycle and vehicles from Time Hot Rods will be there to add to the displays.

3 Getting cheesy with it

Guests will be able to strut their stuff under the mirror ball at the Constellation Disco Lounge.

It offers LED-lit couches and a '70s-inspired dance floor.

If that's not cheesy enough, try out the cheese presentations from Dairy Farmers of Canada, plus other exhibitors from across southwestern Ontario.

There will be samples on offer at the booths as people marry wine with cheese.

ISTOCK

4 Oh yes, it's Ladies' Night

Always popular is Ladies' Night, which happens on Friday.

It promises a gift bag to the first 250 ladies through the door, plus a fashion show with the latest styles from Nova Vita.

There's even a ladies-only beer seminar.

Throughout the three-day event, check out LondonLicious Lane, a showcase of the city's eateries.

It's designed to grab foodies and introduce them to a new gem.

TORSTAR NEWS SERVICE FILE

5 Savouring the best for last

GETTY IMAGES

The finale of the three-day event is Savour The Day — and night — on Saturday.

It's sponsored by the Southwest Ontario Tourism Corporation and is the last chance to try out the treats on offer.

It also includes the Jack Astor's Flair Competition, with a singles and couples bartender challenge to show off the skills of drink-slinging.

Moon lights way in traditional sacred ceremony

Dennis Whiteye is among those helping to organize the AtLohsa Native Family Healing Services' first moon ceremony of 2014. DAVID INGRAM/FOR METRO

The reasoning behind the ceremony might be out of this world. But, the meaning behind it touches souls right here in London.

AtLohsa Native Family Healing Services will mark its first moon ceremony of the year on Wednesday night. The traditional ceremony celebrates changing cycles of the moon and the role this plays in women's lives, said Cortney Dakin, a communications clerk at AtLohsa.

"The moon is our grandmother, and she is the leader of all the women," she explained.

Gathering together for the sacred ceremony will encourage healing and support for women, Dakin said.

"It's a space for women to support each other over the long term," she said. "It's a consistent way to feel like you are part of something bigger than yourself."

Dennis Whiteye, a men's program worker at AtLohsa, is helping organize the ceremony.

While the ceremony is open to the public, people who come are expected to observe a commitment to traditional teachings, he said.

"We are always sharing, and acknowledging that more people need to pay respect to all those things that are honoured during that time," he said.

The First Nations worldview, and its tie to nature and spirituality, is one from which everyone can benefit, Whiteye says.

"We are from a beautiful way of life ... and these types of ceremonies and events help to reinstate those beliefs," he said.

DAVID INGRAM/FOR METRO

At a glance

- AtLohsa Native Family Healing Services is a London community outreach program that addresses violence in First Nations families.
- Its moon ceremony starts at 7 p.m. Wednesday at 219 George St.
- For details, contact AtLohsa at 519-438-0068.

Bargaining at risk? Union says local school boards failing contract test

Some Ontario school boards, including the Thames Valley District School Board and the London District Catholic School Board, have not lived up to the terms of a year-old contract, the union representing support staff said Monday.

The Canadian Union of Public Employees said support staff, such as janitors, educational assistants, school secretaries, early childhood educators, food services workers and library technicians are not being treated equally across the province.

The union says the province hasn't forced all boards to adhere to the agreement. That means some workers doing the same jobs at different school boards may receive different benefits.

The main sticking point is long-term sick leave.

London CUPE local 7575 president Heather Skolly said the union wants the Ministry of Education to convince what she described as "these lost boards" to comply with the way the contract was intended.

She said the Thames Valley board did so for a time last year, but then reneged.

A TVDSB spokeswoman wasn't immediately able to offer a comment.

SCOTT TAYLOR/METRO

Unequal treatment alleged

"Our workers are the most highly exposed to illness, yet the CUPE workers' agreement is not being followed as it was intended, while all the other school staff does have it as intended."

London CUPE local 7575 president Heather Skolly, who says sick days are crucial for union members

'Outdated.' Liberals slam Tories' plan for 1M jobs

Tim Hudak TORSTAR NEWS SERVICE FILE

Provincial Tory leader Tim Hudak's plan to create one million jobs has a "glitzy" title, but will actually harm employment, Ontario's Liberal government claims.

Hudak is set to introduce his bill, the Million Jobs Act, when the provincial legislature resumes sitting on Feb. 18.

The legislation will include business tax cuts aimed at stimulating the economy, increased training for skilled jobs and increased trade.

Hudak says a key goal behind his plan, which he unveiled Monday, is to put up a sign that says "Ontario is open for business." He said his "turnaround plan" won't be easy, but Ontario will come out better for it in the end.

But speaking on behalf of the provincial government, Brad Duguid, the minister of training, colleges and universities, told reporters at Queen's Park on Monday the bill should be called "The killing jobs with billions of cuts act."

"Tim Hudak will eliminate jobs, drive down wages and weaken pensions, all while cutting billions of dollars for our hospitals and schools," Duguid said. "Tim Hudak wants to pick up where he left off with (former Ontario premier) Mike Harris. These are old, stale and outdated ideas."

Hudak's plan includes initiatives designed to destroy the stability in the labour market, Duguid charged.

Catherine Fife, the NDP's economic development critic, accused Hudak of "political grandstanding" and added his proposed bill is "not a good plan to inspire and incentivize investment."

She said Hudak is "good at attacking the social infrastructure in Ontario" and that his bill is another example of "more corporate giveaways, without accountability and job creation."

She acknowledged that the 39,000 fewer jobs Stats Canada identified in December is a worrisome reality, but said a jobs creation tax credit is the way to encourage businesses to hire. TORSTAR NEWS SERVICE

Firefighters, police and a Hazmat team were called to this Lawson Road home Monday. The guns and drugs unit was called in a short time later. SCOTT TAYLOR/METRO

Guns, drugs unit called in after chemicals found in NW home

Hazmat team also on scene. Neighbours told to stay inside as crews respond to 911 call

SCOTT TAYLOR
scott.taylor@metronews.ca

Investigators, including those who specialize in narcotics, were expected to remain at a northwest London home overnight after someone reported finding unspecified chemicals inside.

Police, firefighters and the Hazmat team were called to 475 Lawson Rd. about 1 p.m. Monday after receiving a 911 call about the chemicals, which were reportedly found in "various containers."

Hours later, firefighters pulled up stakes and the investigation was taken over by police, including members of its guns and drugs unit.

Police have released few details about the case, including what kind of chemicals were found.

Traffic disrupted

Police closed a short section of Lawson east of Wonderland Road to traffic for about three hours after the call was received.

By late afternoon, police said the chemicals weren't explosive. Earlier, however, investigators didn't know what they were dealing with and urged neighbours to stay indoors.

"It's unknown what they are and what their purpose is," London police spokesman Const. Ken Steeves said as investigators waited for a search warrant.

Steeves was unable to say who discovered the chemicals and called for help.

An occupant of the home was transported to hospital for an unrelated matter, police said. No one was in custody late Monday.

Candidate making third try for council seat

A city council candidate who filed nomination papers on Monday is making his third attempt at gaining a seat.

Steve Polhill will contest east London's Ward 2. It's currently held by Coun. Bill Armstrong, who defeated Polhill in the 2006 and 2010 municipal elections. Armstrong is seeking re-election.

Steve Polhill's father is veteran Coun. Bud Polhill, who, as fate may have it, sits next to Armstrong in council meetings.

The list of candidates for the Oct. 27 municipal election has grown steadily in the two weeks since nominations have been open.

There are now 25 people registered at city hall including, on Friday, current Coun. Matt Brown, who has confirmed he's only running for mayor and not for city council.

Their hats are in the ring

25

There are now 25 people registered at city hall for the Oct. 27 municipal election.

Also added to the list is Clive Jenkins, who's the fourth person to register for Ward 11, which Coun. Denise Brown is defending.

Another newly added candidate is Karim Bardai, the third person to register for Ward 13. Coun. Judy Bryant, who holds the ward now, isn't running again.

MIKE DONACHIE/METRO

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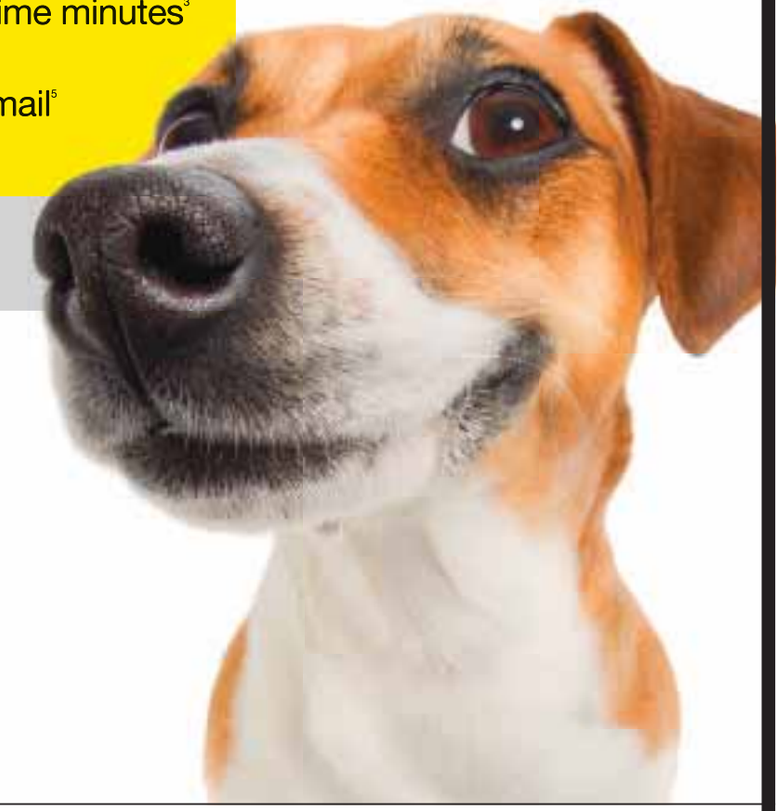

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Ontario Online. Province pumping $42M into e-learning expansion

Brad Duguid
TORSTAR NEWS SERVICE FILE

The province will invest $42 million over the next three years in an online hub aimed at expanding e-learning among post-secondary students.

Ontario Online will launch in time for the 2015-16 school year, Brad Duguid, minister of training, colleges and universities, said Monday.

The online platform will operate on three related "hubs," Duguid said.

One hub will offer online courses that are transferable between participating colleges and universities. Another will allow institutions to develop and share best practices, research and data on the best way to teach online courses. The third will provide academic and technical assistance to students, teachers and schools.

The Ontario Undergraduate Student Alliance (OUSA) supports the plan.

"New and developing e-learning technologies allow students who would otherwise be unable to pursue a university education due to financial, social or geographic barriers increased ability to do so," said Thomas Pritchard, a member of the alliance's steering committee.

Online learning represents one of the fastest growing areas of post-secondary education in the province, says the alliance, a group that represents more than 140,000 part-time and full-time university students.

METRO

In other news

Western University launched a master's of financial economics degree on Monday.

- Consisting of 12 one-term courses and a four-month summer internship in the third term, the 16-month program aims to give students a broad understanding of financial theory, economics, quantitative finance and securities law.

OHIP. Health-care costs should be made available to patients: Hospital CEO

Watching Breaking Bad — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately $50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

In a report to his hospital's board of directors, Musyj suggested people should be provided with a summary of all their Ontario Health Insurance Plan charges on an annual basis, or when a patient leaves a hospital.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

The New Democrats "love" the idea of letting people see their OHIP charges on a website. "They are taxpayers' dollars and we should know how much money was spent for the service that we got," said NDP health critic France Gélinas.

The Progressive Conservatives also support giving patients accurate information on how much their care costs.

Musyj said he's pretty sure of one thing: "If Breaking Bad was a Canadian or an Ontario series it would have been over in one episode because Walter White would have gotten his chemo without charge and would have gone into remission and the series was over.

"It wouldn't have gone on because he wouldn't have had to turn to a life of crime to pay for it." THE CANADIAN PRESS

A happy day: St. Joseph's Hospice opens its doors

Ready to serve. After years of planning, the Windermere Rd. facility will accept its first guests in a matter of weeks

SCOTT TAYLOR
scott.taylor@metronews.ca

The last place anyone wants to be during their final days is in the antiseptic hustle and bustle of a generic hospital, regardless of the great care and professionalism of its staff.

That's why Monday was such a happy day for so many.

The doors were officially opened at St. Joseph's Hospice on Windermere Road. Two renovated wings on the third floor of the Sisters of St. Joseph residence will accept its first guests in mere weeks after years of planning.

Aside from personal care, each 415-square-foot suite has a bathroom, living room and balcony, where family and friends can visit comfortably.

A fully functioning kitchen, comfortable great room, meeting spaces, bathing spa and quiet rooms are among some of the enhanced amenities of the new residential hospice.

It's official. The St. Joseph's Hospice is open and ready to serve. SCOTT TAYLOR/METRO

Quoted

"Here we are today finally in a place, here in London, where people can spend their last days surrounded by love and where all their needs can be met. I couldn't be happier." Ontario Health Minister Deb Matthews

Health Minister Deb Matthews said the opening was a dream come true, and Mayor Joe Fontana echoed that statement.

"The city is not only grateful to St. Joe's, the Sisters of St. Joe's, but the London Hospice to make sure we have these kinds of services available to those that need our spiritual and caring approach," he said.

The community has, to date, donated more than $3.6 million towards the $5.5-million target for the project.

Man killed in Mississauga mall collapse

Construction workers look on after a partial collapse at a shopping mall construction site left a man dead in Mississauga, Ont., Monday. Police say the man died after being trapped in the collapse. Emergency crews rushed to the Sheridan Centre at about 11:30 a.m. and found the worker trapped. A rescue effort ensued, but he was later declared dead at the scene. The cause of the collapse has not yet been determined. MARK BLINCH/THE CANADIAN PRESS

Controversy

Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other." THE CANADIAN PRESS

France. History suggests president can come away clean from sex scandal

With a 15 per cent approval rating, French President Francois Hollande was in crisis even before allegations emerged of an extramarital tryst with actress Julie Gayet. His refusal to deny the affair, and the hospitalization of his partner threatens to destroy what remains of his reputation.

But Hollande may be able to staunch the bleeding. Previous presidents Francois Mitterrand and Jacques Chirac were able to laugh off infidelities with indulgence of the media.

"Hollande would be adhering to a time-honoured French tradition of official mistresses," wrote Prof. Matthew Fraser, politics and media specialist at Sciences Po Paris.

Culturally, France has always been less interested in politicians' love lives than many other countries. This has been reflected in a cross-party refusal to attack Hollande, while a magazine opinion poll showed 77 per cent considered the subject a "private matter."

Francois Hollande and Julie Gayet. GETTY IMAGES FILE

The scandal could even provide some respite.

"Hollande may benefit from changing the subject away from bad news on the economy," says Dr. James Stanyer of Loughborough University and author of Intimate Politics.

KIERON MONKS/METRO WORLD NEWS

Abortion

People waste life like they waste food, says Pope

Pope Francis on Monday criticized abortion as part of a "throwaway culture" that wastes people as well as food, calling such a mentality a threat to world peace.

"It is frightful even to think that there are children, victims of abortion, who will never see the light of day," he said.

Francis has generally limited his exhortations on abortion, saying church teaching is well known. THE ASSOCIATED PRESS

Supreme Court ruling

Late-abortion ban fails in Arizona

The U.S. Supreme Court has rejected Arizona's attempt to ban most abortions after 20 weeks of pregnancy.

The justices on Monday declined to reconsider a lower-court ruling that says the law violates a woman's right to terminate a pregnancy before a fetus is able to survive outside the womb. "Viability" of a fetus is generally considered to start at 24 weeks.

Supporters argued the ban protected women's health and prevented fetuses from experiencing pain. THE ASSOCIATED PRESS

Swedes pressing ahead with womb transplants

Frontier science. With surrogates banned, this may be only chance for women to bear children

Nine women in Sweden have successfully received transplanted wombs donated from relatives in an experimental procedure that has raised some ethical concerns. The women will soon try to become pregnant with their new wombs, the doctor in charge has revealed.

The women were born without a uterus or had it removed because of cancer.

In many European countries, including Sweden, using a surrogate to carry a pregnancy is illegal.

There have been two previous attempts to transplant a womb — in Turkey and Saudi Arabia — but both failed to produce babies. Scientists in Britain, Hungary and elsewhere are also planning similar operations.

"This is a new kind of surgery," said project lead Dr. Mats Brannstrom, chair of the obstetrics and gynecology department at the University of Gothenburg. "We have no textbook to look at."

Brannstrom said the nine recipients are doing well. Many already had their periods six weeks after the transplants, an early sign that the wombs are healthy.

One woman had an infection and others had some minor rejection episodes, but none of the recipients or donors needed intensive care after the surgery, Brannstrom said.

In this 2012 photo made available by the University of Gothenburg, the research team practises before the operations to transplant wombs at the Sahlgrenska Hospital in Sweden. JOHAN WINGBORG, UNIVERSITY OF GOTHENBURG/THE ASSOCIATED PRESS

The operations did not connect the women's uteruses to their fallopian tubes, so they are unable to get pregnant naturally. But all who received a womb have their own ovaries and can make eggs for in-vitro fertilization.

Brannstrom warned the transplants might not yield children but was optimistic.

"This is a research study," he said. "There are no guarantees.... What is certain is that they are making a contribution to science."

THE ASSOCIATED PRESS

Concerns

Some experts have raised concerns about whether it's ethical to use live donors for an experimental procedure that doesn't save lives.

- Dr. Richard Smith, head of the U.K. charity Womb Transplant UK, said removing a womb for donation is like a radical hysterectomy but requires taking a bigger chunk of the surrounding blood vessels to ensure adequate blood flow for the fetus, raising the risk of complications for the donor.
- Brannstrom said using live donors allowed them to ensure the donated wombs were functional and didn't have any problems, such as an HPV infection.

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Time to get rid of old, unsafe tank cars carrying oil

'Something has to be done.' Liberal international trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that railways "will continue to push aggressively" for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

Transport Minister Lisa Raitt responded on the weekend by promising the government will formalize the standard for new tank car construction adopted by the rail industry in October 2011.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. THE CANADIAN PRESS

Safety alert

Derailments

Federal investigators have determined that 400,000 gallons of oil was lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota. The derailments of the two BNSF Railway trains sparked massive explosions in southeast North Dakota. About 1,400 people were evacuated. THE ASSOCIATED PRESS

Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon, at his family farm near Sderot, southern Israel, on Monday. Israel said its last farewell to Sharon on Monday with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at the farm.

ARIEL SCHALIT/THE ASSOCIATED PRESS

Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

A policeman, Det. Patrick Traynor, testified that, when charged with murder in police custody earlier Monday, Bellante replied: "I am guilty." THE ASSOCIATED PRESS

Bodies litter South Sudan oil town. Military pushes on rebel-held town

Dozens of dead, mangled and bloated bodies line the roadside from the airport into this state capital of one of South Sudan's oil-producing regions. Houses, buildings and shops have been looted, burned or destroyed, as blackened cars and buses smoulder.

The remnants of war in Bentiu show the damage being done across the world's newest country, as the military continues to battle men who served in the same ranks only a month ago but who are now labelled rebels. Bentiu was re-captured by the military over the weekend. Next up for government troops is the rebel-held town of Bor.

"What you see here is destruction," said Gen. James Hoth Mai, the military's chief of staff. "But the rebels are on the run and we are pursuing them."

Mai immediately turned his thoughts to Bor: "This is a war and we have a large number of soldiers in Bor. We are putting them there for a final assault."

Negotiators for the two sides in South Sudan's nearly month-old conflict met face-to-face in Addis Abba, Ethiopia, on Monday following shuttle diplomacy between Addis Ababa and Juba, the capital of South Sudan. A Kenyan mediator, Lazarus Sumbeiywo, said the agenda will include talks on a cessation of hostilities. THE ASSOCIATED PRESS

Attacks

Violence broke out Dec. 15 and quickly radiated across the country, often in ethnic-based attacks.

- A precise death toll is not known but the International Crisis Group has estimated that nearly 10,000 people have died.
- **The U.N.** says nearly 400,000 people have fled their homes.

Potatoes and pink hats. John Kerry meets with Russian foreign minister

For some watchers of international diplomacy, the sombre road to Syrian peace was overrun Monday by potatoes and furry pink hats.

A swapping of delegation gifts between U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov served as a distraction from predictions of elusive success in Syria.

The usually stern-faced Lavrov came to the meeting armed with at least two ushankas, a traditional Russian fur hat with earflaps that tie to the top of the hat. Both hats went to women on Kerry's press staff — including a bubblegum-pink one for State Department spokeswoman Jen Psaki.

The more bizarre bout of diplomacy came over a pair of Idaho potatoes. Kerry explained he was in Idaho over the holidays when he and Lavrov spoke by phone. The Russian, it seemed, associated Idaho with potatoes.

Kerry and Lavrov sat next to each other at an otherwise grim news conference on militant threats to humanitarian aid for Syria. THE ASSOCIATED PRESS

U.S. Secretary of State John Kerry, standing left, gives a pair of Idaho potatoes as a gift to Russia's Foreign Minister Sergey Lavrov in Paris, France, on Monday. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

African Republic

Interim leader says chaos 'over'

The interim leader of Central African Republic vowed Monday that the era of anarchy in the tumultuous country was now over, a bold declaration made only days after the man who had seized power in a coup last year stepped down under international pressure. THE ASSOCIATED PRESS

NYC art scheme

Ex-aide to Imelda Marcos gets prison

A former aide to ex-Philippines first lady Imelda Marcos was sentenced Monday to two to six years in prison after being convicted of scheming to sell a $32-million Claude Monet painting overlaid with political intrigue: It's part of a roster of valuables the Philippine government has sought to reclaim from the former first couple. THE ASSOCIATED PRESS

Security on alert

Eve of Egypt's constitutional referendum

Egypt's security chief on Monday warned supporters of the ousted Islamist president that troops guarding polls during the next day's constitutional referendum will deal with anyone attempting to disrupt the vote with unprecedented force. THE ASSOCIATED PRESS

Cellphone dispute

Shooting at U.S. movie theatre

Authorities say a man has been arrested on suspicion of shooting two people — one fatally — after an argument over cellphone use at a Florida theatre. Sheriff's spokesman Doug Tobin said two couples had been watching Lone Survivor on Monday at a theatre, when the suspect and his wife apparently took issue with the couple in front of them over use of the phones. THE ASSOCIATED PRESS

Death of the change purse?
Royal Canadian Mint tests digital currency MintChip

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.

First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about $10 or less.

It could be used in place of cash to buy a coffee or fast food, and online it was envisioned to enable easy transactions for things like buying music, news articles, or add-ons for video games.

THE CANADIAN PRESS

Market Minute

DOLLAR 92.20¢ (+0.47¢)

TSX 13,681.48 (-66.04)

OIL $91.80 US (-$0.92)

GOLD $1,251.10 US (+$4.20)

Natural gas: $4.30 US (-$0.01)
Dow Jones: 16,257.94 (-179.11)

McD's CEO saw success at bottom of coffee cup

Do you want a cup of joe with that? Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April 2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2008.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

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PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting ,but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a $770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream masses in North America and beyond.

SHE SAYS

Jessica Napier
metronews.ca

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her partner to buy a pricey item off her delivery-room wishlist.

Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgement.

Isn't the miracle of life gift enough?

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Why hello there, Miss Bear

KEVIN DIETRICH/SOLENT NEWS

Metro Q&A with photographer

"Not a man in a bear suit"

KEVIN DIETRICH
Realty broker/amateur photographer, 33, from Steamboat Springs, Colo.

Where did you take this amusing photograph?
In the Chugach National Forest in Alaska. My brother and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

Did you feel in any danger being close to a grizzly?
Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a photograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

What has been the reaction to your picture?
Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing aspect.

What does this image represent? Is it more than a shot of a cute bear?
In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colors.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

INTERVIEW BY ANTHONY JOHNSTON/ METRO WORLD NEWS

WE ACT:
CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller

CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Bonnar Dowler, visionary, quiet hero, and expert hotdog griller
Where: Summerland, B.C.
What: Founded Agur Lake Camp
Why: Bonnar Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Bonnar Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

What will this camp mean for the families who visit?
It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

Where do you get your motivation to keep getting involved? Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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DVD review

You're Next

Director. Adam Wingard

Stars. Sharni Vinson

You don't need anybody to fingerpaint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

It was all a dream ...

Born Sinner. J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile. But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of creating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals. "Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy. "I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains. "I want to change the way people feel about themselves not just on a physical level, but the way black people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

J. Cole is doing well with this rappin' stuff. CONTRIBUTED

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercolours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

Double trouble at Canadian Screen Awards

Tatiana Maslany from Orphan Black was nominated for best actress in a drama for her role. CONTRIBUTED

Doppelgangers abound at the Canadian Screen Awards — Denis Villeneuve's surreal mind-bender Enemy leads the film nominations while Space's sci-fi clone saga Orphan Black tops the television contenders.

Enemy — featuring Jake Gyllenhaal in dual roles as a paranoid teacher and as a cocky amateur actor who looks just like him — dominates the film categories with 10 nominations, ahead of Xavier Dolan's Tom at the Farm with eight and Louise Archambault's Gabrielle with six.

The three films will compete for best picture, against The Dismantlement, Empire of Dirt, The F-Word, The Grand Seduction and Maina.

Meanwhile, the TV race is dominated by Orphan Black, which has 14 nominations, including a best drama actress nod for star Tatiana Maslany. She plays several different characters including an uptight soccer mom, a street-smart British orphan and a cornrow-headed science geek.

The Canadian Screen Awards honour achievement in homegrown television, film and digital projects, and replace the previously separate Gemini and Genie Awards. They'll be handed out in Toronto on March 9 with Canuck comic Martin Short returning as host.

Orphan Black will compete for best drama against APTN's Blackstone, Global's Bomb Girls and CTV's Flashpoint and Motive. The best comedy race is between Call Me Fitz, CBC-TV's Gavin Crawford's Wild West, CBC-TV's Mr. D, Seed and Super Channel's Tiny Plastic Men.

Other leading TV contenders include the TMN/Movie Central comedy Less Than Kind which snagged 12 nominations. Global's cop series Rookie Blue earned nine while TMN/Movie Central's raunchy comedy Call Me Fitz, CTV's cop drama Flashpoint and City's sitcom Seed each got eight nods.

The best actor race in film is dominated by international talent — Gyllenhaal is up for his intense turns in Enemy, while Daniel Radcliffe is nominated for The F-Word and Brendan Gleeson is up for his part in The Grand Seduction. They compete against Rajesh Tailang of Siddharth and Gabriel Arcand of The Dismantlement. The awards are administered by the Academy of Canadian Cinema & Television and will air on CBC-TV.

THE CANADIAN PRESS

Michael J. Fox ALL PHOTOS GETTY IMAGES

Fun-fact faux-pas: E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up with users furious that the channel would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad.

That Fox was diagnosed with the disease in 1991 was is indeed a fact. In no way is it fun. The network quickly realized their error (due to, you know, all those angry tweets flying their way) and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize." Such is the new media landscape: say whatever the hell you want now — apologize later. Fox, who seems like a pretty genial, standup guy, likely accepted their apology.

Prince

Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical. Since she didn't have a seat in the audience, she sat on Bono's lap when her nomination was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono.

Poehler's boyfriend Nick Kroll, comedian and star of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.

Johnny Depp and Amber Heard

There's Johnny! We've Heard about this pair, but now we have proof

Though Johnny Depp and Amber Heard reportedly have been dating since 2012, they've avoided making any official appearances as a couple — until this weekend. The pair posed for photos together inside the Art of Elysium's annual Heaven Gala on Saturday in Los Angeles, both dressed in mostly black save for Depp's favorite beaten-up tan fedora, according to Getty Images. During the event, the pair sat close at a table near the stage, with Depp's arm around Heard.

Ke$ha

Ke$ha tried to make mom go to rehab and she said yes, yes, yes

The family that rehabilitates together stays together, it would seem, as singer Ke$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm checking myself into Timberline Knolls today for post-traumatic stress disorder, at Ke$ha's urging," she tells the magazine. Ke$ha checked into the facility earlier this month to cope with an eating disorder.

Twitter

@Sethrogen
I'm a little behind on the globes but HOLY S---! Christopher Plummer won for Beginners!

@SteveCarell
Every six years I purchase a can of Underwood Deviled Ham thinking that it will be something other than what it is.

@WhitneyCummings
Hey somebody send me a text so I can over analyze it!

The top 5 health trends of 2014

MICHELLE CASTILLO METRO WORLD NEWS

Better 3D printed organs

3D printers provide many options, especially for doctors. With the shortage of organ donations, being able to custom print organs for patients not only will give them a longer life but limit the chance of rejection.

Rise of CrossFit and conditioning programs

The global recession has forced people to cut their budgets, so cheaper ways to work out are in demand. While CrossFit and other strength and condition programs require some equipment, they don't require expensive devices or many classes before you learn the basics of the routine.

More understanding about autism

Autism spectrum diseases (ASDs) are developmental disorders affecting up to one in 50 school-aged children in the U.S., according to government estimates. Recent studies suggest the disease may have some roots in the autoimmune system, which should provide more answers on how to treat it.

Breast cancer awareness

Last year, Angelina Jolie revealed she had the BCRA gene that made it more likely for her to develop breast cancer. The genetic link influenced her decision to have a preventative mastectomy, a controversial decision since it isn't guaranteed that she would get the disease. Expect more studies to reveal more about this gene.

Progress in AIDS research and a 'cure' for HIV

Some people claim to have been "cured" of HIV, either by bone marrow transplants or through rigorous drug treatments shortly after birth. Now that we have a better understanding of the virus, there may potentially be a cure for more people in the near future.

HIMYM star smiles it forward

Alyson Hannigan. The How I Met Your Mother actress talks to Metro about some of the surprises that parenting brings

EMILY LAURENCE
Metro World News

How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED

How I Met Your Mother star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate $1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?
She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which [are] very colourful.

That must be interesting.
It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie, black is all the colours — I'm wearing them all!"

Who do you go to and trade parenting advice with?
I talk to the other moms at my daughter's school and my best friend, Pamela Fryman, who is the director of How I Met Your Mother. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

Which one of your co-stars is the best with kids?
Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies, but he's good. He's just scared of touching them. He likes to keep his distance, but he's really good with them.

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Review

Get fit with the help of celebrities

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Nike Training Club
iPhone/Android
Free

You don't actually work out alongside Maria Sharapova. Instead, she and other celebrity athletes show you the steps before abandoning you to an uninspiring timer in this otherwise feature-rich fitness trainer.

Bundle up to prevent frostbite

Perils of cold weather. Frostbite can start developing within seconds in bitterly cold sub-zero temperatures

It seemed to Karl Zebarth like a good idea at the time: he had just left a friend's New Year's Eve party and decided to dash through the park to his nearby home in Georgetown, Ont., a shortcut taken before without incident.

But Zebarth, dressed only in a light sweater and jeans, slipped on the slick surface left by the pre-Christmas ice storm and cut his hands, which he'd thrown out to break his fall.

He couldn't get up.

"I had drunk a little, but not a lot. It was just the ice," says Zebarth, 24, who was rescued by a young couple walking by who heard his calls for help and summoned an ambulance.

The temperature with the wind chill was close to a frigid -20 C that night, and within minutes frostbite had begun to set in on his gloveless hands.

Signs and symptoms of frostbite

- A slightly painful, prickly or itching sensation
- Red, white, pale or greyish-yellow skin
- Hard or waxy-looking skin
- A cold or burning feeling
- Clumsiness due to joint and muscle stiffness
- Skin that has turned black, indicating gangrene

"They were terrible," he says of his fingers. "They were very swollen, very colourful — black, purple, yellow — and they were losing a bit of skin. I started getting blisters that started bleeding."

Depending on how low the temperature plunges, frostbite can start developing within seconds in exposed body parts like the nose, earlobes, fingers, hands and toes, explains Dr. Marc Jeschke, director of Sunnybrook Hospital's burn unit, where Zebarth spent a week being treated.

As with burns, there are different degrees of frostbite, ranging from superficial — often called frostnip — to extreme deep freezing that can even destroy bone.

Exposure to bitterly cold temperatures causes blood and other fluids in the tissues to crystallize, "almost like a freezer," says Jeschke.

"At the beginning, it's painful," he says. "We all know this when we go out and shovel snow — all of a sudden it's painful. Then after a while, because of the crystallization and the cold, it has an anesthetic effect. It means you don't feel it.

If someone suspects they have frostbite, they should get indoors and bathe the affected area in lukewarm water — not hot, as that can cause more damage — and take ibuprofen for pain and inflammation, says Jeschke.

THE CANADIAN PRESS

As with burns, there are different degrees of frostbite. ISTOCK IMAGES

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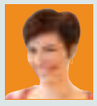
Almond Flour Brownies get Paleo-friendly, high-nutrient makeover

Health Solutions

A flour substitute — with a warning



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour recipes may be a good idea for you (or on occasion).

• Almond flour contains more protein than wheat flour, and has no gluten.

• Almond flour contributes twice the potassium and six times more calcium than wheat flour.

• One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also benefit from added nutrients.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

TOTAL TIME ABOUT 30 MINUTES

This recipe serves 12. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and cocoa powder. Pour into pan.

4. Bake for about 22 - 25 minutes just until edges begin to set.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

Find the biggest glass of milk and dunk away

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

1. Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

2. In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a wooden spoon until blended. Stir in chocolate chips.

3. Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

4. Bake, one sheet at a time, for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks to cool.

THE CANADIAN PRESS/ ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)

Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1- 2 cups (250 - 500 ml) chocolate chips

It's never too cold for ice cream. So, go ahead, sandwich some between your batch of 24 cookies. THE CANADIAN PRESS

Don't let the banks go over the top with their overdraft protection fees

Avoid overspending with cash control. But if you absolutely have to do it, search for a fixed fee and watch out for greedy charging structures

Money on our minds

- Look out for features written by Gail Vaz-Oxlade in Metro in the weeks ahead, and keep your eyes peeled for her weekly column, which will debut on Feb. 3.

GAIL VAZ-OXLADE
life@metronews.ca

Overdraft protection doesn't give you a license to ignore your cash management, says Gail — you can't spend whatever you want, whenever you want because overdraft protection is there to catch you like a safety net. ISTOCK

I've worked with a lot of people who have overdraft protection, and I hear from many more every month. While there are pros and cons to overdraft protection, most people sign up without really understanding what they're "buying."

Overdraft protection is usually sold to people when they open their accounts as the way to ensure that bounced cheques don't ruin their credit ratings. When you try to spend money you don't have in your account, the bank covers the withdrawal — be it a cheque, debit or cash withdrawal.

Don't confuse the kind of overdraft protection you "buy," for which you sign an agreement, with what some banks call "bounce protection" or "courtesy overdraft protection" which they offer to save you from the embarrassment or hassle of a returned cheques, which can be very expensive.

The average courtesy overdraft fee runs to about $29 a month, but fees can be substantially higher depending on how undisciplined you are. And since the fee is levied regardless of the amount you go into overdraft for, it can be astronomical when you calculate it as a percentage of the "loan." One woman wrote me to say that she was appalled when her statement came in and she had over $160 in bounce fees.

Some banks are trying to make their OD protection even more profitable by charging up to $5 for every business day an overdraft is created or increased. So if you go into overdraft on the 12th, you'll be dinged with a $5 charge. Buy something for $1.25 the next day and go further into your overdraft and you'll be dinged with another $5 fee. Ouch!

I'm all for the traditional overdraft protection for which you sign an agreement so you know what you'll pay in interest, and for which you pay a flat monthly fee.

This is particularly true if you're in a transition: getting separated or divorced, moving or changing jobs. An overdraft protection plan beats the pants of NSF fees and the bruise on your credit report. And it is far less expensive than the pay-as-you-go option.

What I'm not down with is the idea that overdraft protection gives people a license to ignore their cash management. No, you can't spend whatever you want, whenever you want, because overdraft protection is there to catch you like a safety net. And you're not allowed to live in overdraft, squeaking into the black for a couple of days twice a month when your paycheque passes through your account.

The truth

"And ya know what? The banks don't mind one little bit when you go into overdraft, since overdraft rates are well above regular lending rates."
Gail Vaz-Oxlade

While some of you might think, as I do, that overdraft protection is a short-term affair — most overdrafts are said to last only about five days or less — I've met oodles of people who practically live in overdraft.

And, ya know what? The banks don't mind one little bit when you go into overdraft, since overdraft interest rates are well above regular lending rates. One bank I checked charges 21 per cent interest on your outstanding overdraft balance, along with the fee that going into overdraft automatically triggers.

Despite being extremely profitable for banks, lenders can sometimes get testy if you stay in overdraft too long.

Read the paperwork. Often there's a clause that says you can't stay in overdraft for more than a certain number of days each month. Break the rules when money is flowing easily and no one much minds. Break the rules when credit is tight and banks are feeling the pinch and they'll call your overdraft, demanding their money back lickety-split. Yes, they can do that.

If you're scratching your head because the rules seem to change depending on the wind, you're right to be confused; just know the cards are stacked in favour of the bank. After all, if an overdraft is just for the odd slip as the marketing material says, then why do some banks offer the option of going $5,000 or more into overdraft? That's *not* a little slip.

Except for those transitional times when slips are natural, overdraft isn't the great solution your banker makes it out to be; the better solution is to manage the cash in your account so you don't try to spend money you don't have.

How do you do that? Easy. You use a spending journal to track what's going into and coming out of your bank account.

Get yourself a notebook. When you put money in your account, add it to your balance. When you spend money from your account (be it a cheques, online bill payment, debit card transaction, or cash withdrawal) you debit that amount from your balance. Keep your eye on the balance.

If you think that sounds like too much work, you're a dope.

You'd work at least this hard to find where gas is selling for a penny less, or where tuna is two for $1.59, or where wings are all-you-can-eat for $3.99. Staying out of overdraft is one of the best deals going.

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MLB

A-Rod sues league, players' union

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

THE ASSOCIATED PRESS

Johnny Football

Manziel teams with LeBron's associate, LRMR

Johnny Manziel confirmed Monday that he has signed with LRMR and Maverick Carter, the longtime friend and associate of LeBron James, to handle some of the 2012 Heisman Trophy winner's off-field projects.

The relationship with LRMR and Carter has been developing for some time. James said last week that he texted Manziel regularly throughout the quarterback's final season at Texas A&M.

THE ASSOCIATED PRESS

NFL

Broncos CB comes up lame, tears ACL

Denver Broncos cornerback Chris Harris Jr. is out for the rest of the playoffs after an MRI on Monday revealed a torn ACL in his left knee.

The Broncos will take on the New England Patriots on Sunday for the AFC championship.

THE ASSOCIATED PRESS

Ilya Kovalchuk, pictured last May at the world championships, has suited up for Russia at 14 different competitions. GETTY IMAGES FILE

Kovalchuk looking forward, not back

Olympics. Former NHLer at home in KHL, anticipating matchup against Canada in Sochi

Ilya Kovalchuk took his talents — a rare blend of skill, speed and strength — home to Russia last summer.

It doesn't sound as if Kovalchuk has any regrets about his abrupt retirement from the NHL.

The 30-year-old Kovalchuk likes life in Russia, where he can spend more time with his family while playing for SKA St. Petersburg in the Kontinental Hockey League.

"I'm really enjoying everything here," Kovalchuk said in a telephone interview with The Associated Press after playing in Saturday's KHL All-Star game. "It's a great league. The game is different, but we are getting there. There are good players here for sure."

In any league, the six-foot-two, 230-pound forward is one of the best. He hits, he's fast and he can handle the puck. Oh, he can score.

Despite his scoring prowess, as well as that of players such as Alex Ovechkin and Pavel Datsyuk, the Russians didn't even make it to the medal round at the 2010 Winter Olympics.

Canada humiliated Russia 7-3 in the quarter-final in a matchup of traditional powers that left Kovalchuk and Co. without a medal for the second straight games.

"It's old history," Kovalchuk said when asked what went wrong four years ago. "I'm looking forward to playing Canada in Sochi. If it's going to happen, it will be exciting."

Kovalchuk has represented Russia at three Olympics, including the bronze medal-winning team in 2002, nine world championships, one world junior championship and the 2004 World Cup.

THE ASSOCIATED PRESS

'I'm young and got lots left'

For Canadian women's hockey player Hayley Wickenheiser's thoughts on the Sochi Olympics and retirement, go to metronews.ca/gameon to watch a video interview.

4 SPORTS

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Eugenie Bouchard returns a shot to Tang Hao Chen of China during Round 1 action at the Australian Open on Monday in Melbourne. Montreal's Bouchard advanced with a 7-5, 6-1 win. AIJAZ RAHI/THE ASSOCIATED PRESS

Young Canadians on the rise Down Under

Tennis. Bouchard and Pospisil win openers at Australian Open

Two of Canada's rising tennis stars are into the second round of the Australian Open as Eugenie Bouchard and Vasek Pospisil each scored opening-day victories.

Montreal's Bouchard survived a scare from a 431st-ranked challenger from China, scoring a 7-5, 6-1 victory over Chen Tang Hao.

Vancouver's Pospisil, who is seeded 28th, eliminated Australian Sam Groth with a 6-4, 6-3, 6-4 win.

Bouchard, the 30th seed, rode a roller-coaster in the one-hour opening set after earning a 3-1 lead, only to lose it a game later on a double-fault. Bouchard, recently named The Canadian Press female athlete of the year, was broken again to drop to 3-4 as Tang rifled back a return winner before holding for a 5-3 lead.

Bouchard saved set points in the ensuing game on Tang errors before finally earning a 7-5 win on a break.

The 19-year-old Bouchard was more in control in a dominant second set.

"It was tough but I fought and got through it," Bouchard said. "I didn't play the way I really wanted, but it was good to win one like this.

"It was really fun, I had some good support, it was good atmosphere," said Bouchard, who admitted struggling in the 35-degree heat.

Pospisil, 23, was never troubled by Groth and appears to have overcome a back problem which bothered him this month in India and Sydney.

"I wasn't feeling that great and only played points the day before, I didn't have much preparation," Pospisil said.

"But I returned and served well; overall I did fine."

"I didn't feel any fatigue, I was playing relaxed because of my back," he added. "I don't anticipate any problems in the next round but I'm glad I didn't have to go five sets."

Pospisil overcame 16 aces from his opponent, firing six of his own and breaking on four of 10 chances. He had 31 winners and 17 unforced errors.

Pospisil next faces another Australian in Matthew Ebden, who beat Nicolas Mahut of France 6-3, 7-5, 4-6, 0-6, 6-3.

THE CANADIAN PRESS

Quoted

"I played surprisingly well; I was not expecting to play like this."

Vancouver's Vasek Pospisil, who earned an opening-round win at the Australian Open despite a sore back.

NBA

Rose set to join Bulls on the road

Chicago Bulls star Derrick Rose is off crutches, the next step as he recovers from his latest season-ending knee injury.

Coach Tom Thibodeau says the former MVP will probably start travelling with the team in the next few weeks.

Rose tore the meniscus in his right knee at Portland in November and was ruled out for the remainder of the season by the Bulls. He sat out last year while recovering from surgery to repair a torn anterior cruciate ligament in his left knee.

THE ASSOCIATED PRESS

Derrick Rose GETTY IMAGES FILE

2016 Summer Games

Rio planning chief playing catch up

The army general appointed three months ago to co-ordinate planning for the 2016 Rio de Janeiro Olympics says his job is like "changing a tire on a car that's moving."

Major General Fernando Azevedo e Silva, named by President Dilma Rousseff to head the Olympic Public Authority, acknowledged in an interview published in a Sao Paulo newspaper Monday that deadlines are "very short" to prepare South America's first Olympics.

THE ASSOCIATED PRESS

Jackie Robinson

ROY award fetches $400K at auction

Jackie Robinson's 1947 Rookie of the Year award for the season he broke baseball's colour barrier has sold for $401,968.

Lelands auction house said Monday that Robinson's trophy he won with the Brooklyn Dodgers was sold to an anonymous buyer on Jan. 10. The award came with a letter from Robinson's widow, Rachel. THE ASSOCIATED PRESS

NFL. Peyton focused on Buds over bracing for Patriots

Peyton Manning's mind is on New England, not his neck.

When answering a question last week about whether he could still enjoy the playoffs given his previous post-season disappointments, Manning said that "the light is at the end of the tunnel for me, no question."

Meaning, at age 37, he certainly has more seasons behind him than ahead.

Following Denver's 24-17 win over San Diego on Sunday that sent the Broncos into the AFC championship, Manning was asked whether an exam on his surgically repaired neck — which ESPN reported will determine whether he even plays in 2014 — was weighing on his mind.

"It's really not," Manning said.

"What's weighing on my mind is how soon I can get a Bud Light in my mouth. That's priority one."

Neither Manning nor the Broncos have any indication whatsoever that he won't pass his medical exam in March — if anything were wrong, he wouldn't be playing. And he's coming off the best statistical season of his brilliant career.

But he's not one who likes to look too far ahead anyway, just like he hates going down memory lane or talking about his health publicly.

Peyton Manning GETTY IMAGES

He didn't even want to talk about facing the Patriots following Denver's win over the Chargers.

"It was an intense game and up and down and a lot of emotions," Manning said.

"Even the Patriots is (too far) ahead. And that question is way far ahead. I am not there. This team has been a one-week-at-a-time season ... that approach has served us well and I think we need to keep that approach from here on out."

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	45	29	14	2	129	98	60
Tampa Bay	45	27	14	4	132	109	58
Montreal	46	26	15	5	117	107	57
Detroit	46	20	16	10	118	127	50
Toronto	47	22	20	5	128	143	49
Ottawa	46	20	18	8	131	146	48
Florida	45	17	21	7	105	139	41
Buffalo	44	13	26	5	77	121	31

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	47	33	12	2	152	112	68
Washington	45	22	16	7	136	135	51
NY Rangers	47	24	20	3	118	124	51
Philadelphia	46	23	19	4	121	129	50
New Jersey	47	19	18	10	108	117	48
Carolina	45	19	17	9	111	128	47
Columbus	45	21	20	4	126	129	46
NY Islanders	47	18	22	7	130	152	43

Monday's results
Calgary at Carolina
Tampa Bay at Columbus
Phoenix at Winnipeg
Vancouver at Los Angeles
Sunday's results
Buffalo 2 Washington 1 (SO)
NY Islanders 4 Dallas 2
Toronto 3 New Jersey 2 (SO)
Chicago 5 Edmonton 3
NY Rangers 4 Philadelphia 1
Minnesota 4 Nashville 0
Anaheim 1 Detroit 0
Tuesday's games — All Times Eastern
San Jose at Washington, 7 p.m.
Tampa Bay at NY Rangers, 7 p.m.
Toronto at Boston, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.
NY Islanders at Florida, 7:30 p.m.
New Jersey at Montreal, 7:30 p.m.
Ottawa at Minnesota, 8 p.m.
Calgary at Nashville, 8 p.m.
Phoenix at St. Louis, 8 p.m.
Colorado at Chicago, 8 p.m.
Edmonton at Dallas, 8:30 p.m.
Wednesday's games
Buffalo at Toronto, 7:30 p.m.
Washington at Pittsburgh, 8 p.m.
Vancouver at Anaheim, 10:30 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	48	30	8	10	175	132	70
St. Louis	44	31	8	5	161	99	67
Colorado	45	28	12	5	132	115	61
Minnesota	48	25	18	5	118	119	55
Dallas	45	20	18	7	127	139	47
Nashville	47	19	21	7	109	141	45
Winnipeg	47	19	23	5	128	145	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	48	35	8	5	161	119	75
San Jose	46	28	12	6	148	116	62
Los Angeles	46	27	14	5	119	96	59
Vancouver	46	24	13	9	123	114	57
Phoenix	44	21	14	9	133	136	51
Calgary	45	15	24	6	101	144	36
Edmonton	48	15	28	5	126	169	35

Note: Two points for a win, one point for overtime loss.

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	42	67
Kane, Chi	23	33	56
Tavares, NYI	21	35	56
Getzlaf, Ana	23	30	53
Thornton, SJ	5	45	50
Perry, Ana	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

NFL

DIVISIONAL PLAYOFFS

Sunday's results
San Francisco 23 Carolina 10
Denver 24 San Diego 17
Saturday's results
Seattle 23 New Orleans 15
New England 43 Indianpolis 22

CONFERENCE CHAMPIONSHIPS

Sunday, Jan. 19
New England at Denver, 3 p.m.
San Francisco at Seattle, 6:30 p.m.

SUPER BOWL

Sunday, Feb. 2
At East Rutherford, N.J.
AFC champion vs. NFC, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	29	7	.806	—
d-Miami	27	10	.730	2½
Atlanta	20	18	.526	10
d-Toronto	18	17	.514	10½
Chicago	17	18	.486	11½
Washington	16	19	.457	12½
Detroit	16	22	.421	14
Brooklyn	15	22	.405	14½
Charlotte	15	23	.395	15
New York	14	22	.389	15
Cleveland	13	24	.351	16½
Boston	13	25	.342	17
Philadelphia	12	25	.324	17½
Orlando	10	27	.270	19½
Milwaukee	7	29	.194	22

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	29	8	.784	—
d-Portland	28	9	.757	1
Oklahoma City	28	9	.757	1
d-L.A. Clippers	26	13	.667	4
Golden State	25	14	.641	5
Houston	24	14	.632	5½
Phoenix	21	15	.583	7½
Dallas	22	16	.579	7½
Denver	19	17	.528	9½
Minnesota	18	19	.486	11
Memphis	17	19	.472	11½
New Orleans	15	21	.417	13½
L.A. Lakers	14	23	.378	15
Sacramento	13	22	.371	15
Utah	12	26	.316	17½

d- division leader

Monday's results
Milwaukee at Toronto
Houston at Boston
Phoenix at New York
Washington at Chicago
San Antonio at New Orleans
Orlando at Dallas
Denver at Utah
Sunday's results
Sacramento 124 Cleveland 80
Memphis 108 Atlanta 101
San Antonio 104 Minnesota 86
Tuesday's games — All Times Eastern
Sacramento at Indiana, 7 p.m.
New York at Charlotte, 7 p.m.
Oklahoma City at Memphis, 8 p.m.
Cleveland at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

♉ Taurus
April 21 - May 21
Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

♊ Gemini
May 22 - June 21
You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

♋ Cancer
June 22 - July 23
Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

♌ Leo
July 24 - Aug. 23
It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

♍ Virgo
Aug. 24 - Sept. 23
The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

♎ Libra
Sept. 24 - Oct. 23
You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

♏ Scorpio
Oct. 24 - Nov. 22
You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

♐ Sagittarius
Nov. 23 - Dec. 21
You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

♑ Capricorn
Dec. 22 - Jan. 20
It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

♒ Aquarius
Jan. 21 - Feb. 19
You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

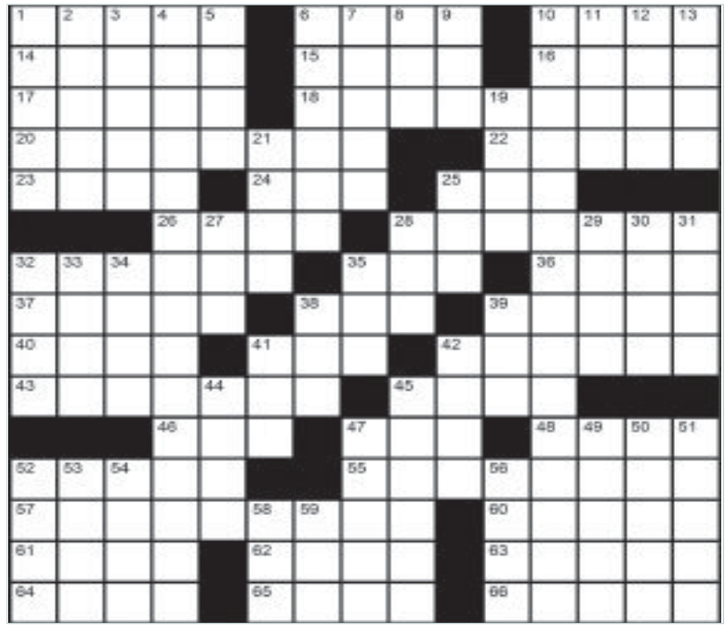
♓ Pisces
Feb. 20 - March 20
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



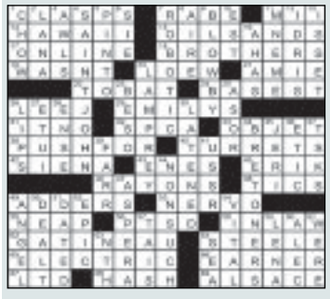
Across

1. Fedora borders
6. Pitcher
10. __ au lait
14. Till again
15. Amble
16. "I __ __ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "__ __ Inquest"
22. __ whale
23. General Robert _. __
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "__ __ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, __ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically charged
52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of $$$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part
63. Summary
64. Glance
65. Prescriptions, commonly
66. Celebrating 50 Years: __ University in Peterborough, Ont.

Down

1. English composer, William __
2. Like Queen Elizabeth
3. "That's all that _ __." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "__ That Could Happen"
8. Ms. Longoria
9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jannings
21. Paint layer
25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. __ & The Gang
31. __-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	8	3	2	9	1	7	5	6
6	1	7	4	5	8	3	9	2
9	5	2	6	3	7	1	4	8
8	6	9	7	4	2	5	1	3
2	4	1	5	8	3	6	7	9
7	3	5	9	1	6	8	2	4
3	7	4	1	6	9	2	8	5
5	2	6	8	7	4	9	3	1
1	9	8	3	2	5	4	6	7

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